

Seven Week Muffin

Breakfast Day 7

Preheat oven to 375 degrees F.

Baking time 15 to 25 minutes

Ingredients:

3 cups All-Bran Cereal or Wheaties
3 cups Mini Shredded Wheat Cereal
3 cups Quick Oatmeal
3 cups boiling water
1 ½ cups liquid margarine
6 eggs or 1 ½ cups Egg Beaters
4 ½ cups sugar
6 cups buttermilk
7 cups flour
1 ½ teaspoon Baking Soda

Instructions:

1. Mix the three cereals together.
2. Pour boiling water over the cereals.
3. Add liquid margarine, eggs, sugar, and cereals. Stir together.
4. Spoon into cupcake pans line with paper cups.
5. Bake at 375 degrees F. for 15-25 minutes or until muffins spring back when touched lightly in the center.
6. Remove from pans.
7. Immediately, place on wire rack to cool.

Makes 34–36 regular size muffins (4-ounce)

Mandarin Oranges in Jell-O ***Lunch Day 7***

Ingredients:

4 cups Mandarin Oranges (drained)
1 ¼ cups Orange Jell-O
2 cups boiling water
2 cups cold water

Instructions:

1. Dissolve Orange Jell-O in boiling water.
2. Add cold water.
3. Pour over Mandarin oranges.
4. Chill in 13" X 9" pan until set.
5. Cut into 2" X 2" squares and dish up.

Makes 16-20 servings